

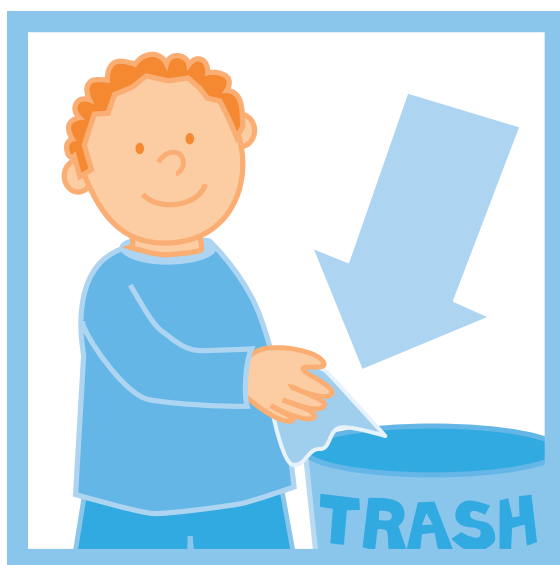
*Cover your mouth when you cough or sneeze—
If you use your hands, then wash them please.*



About to sneeze?



**Use a tissue,
or cover up**



Put it into the trash.



Wash your hands!

Good Health Manners will help keep illness from spreading!

- Stay at home if you are sick.
- Don't share cups or straws.
- Cover your mouth and nose with tissues every time you sneeze or cough.
- Put used tissues into the trash.
- Wash your hands well and often with soap and water.
- Don't smoke around children.



**Vermont
Department
of Health**

For more information
on Good Health Manners
and infection control:

www.HealthyVermonters.info